

VEGAN VIEWS

A Forum for Vegan Opinion
Quarterly

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In this issue: *Permaculture and Veganism, No More Fish*
Vegan Organic Growing, Grassroots News
Essential Fatty Acids, Drugs Testing, My Top 100 Foods
Events, Cartoon, News, Reviews, Letters, Book Reviews, Recipes

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The Vegan Views website (www.veganviews.org.uk) features highlights from the latest issue and from recent back issues – going back at present to about 1992. From VV93 onwards, the entire magazine can be downloaded.

Email: info@veganviews.org.uk but only for website comments/queries. To reach the magazine directly please use the postal address.

COPIES IN BULK

If you order a minimum of five copies, we will sell to you at 65p each (sale or return), for sale at bazaars or local shops.

BACK ISSUES

Many back issues are still available for 50p each. Eight for £3 including postage. Topics covered include:

- VV97 Interview with Steve Walsh
- VV96 Interview with Karin Ridgers
- VV95 Interview with Liz Cook
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VEGAN VIEWS is independent of the Vegan Society but shares its aims. It was started in 1975 by a group of vegans who wanted to make contact with others interested in creating a more harmonious way of living based on veganism, and to communicate more informally than could be done in the official journal of the Vegan Society. It realises that many vegans feel isolated from society and appreciate contact with, and news and opinions of, other vegans.

We welcome all letters, articles, news, events, and constructive criticism – and try to print all that is relevant and of interest in the magazine. We welcome drawings too (colour preferred).

We rely on readers' contributions. Small ads are free to subscribers, or cost £2 for insertion in four issues for non-subscribers. If you don't want your letter published please make this clear when writing.

We expect to publish quarterly, but have no fixed publication date, so write early to be included in the next issue.

SUBSCRIPTION RENEWALS

If your subscription is due for renewal, a reminder will be included in this issue.

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Produced by Harry Mather, with assistance from John Curtis. Front cover by Ruth Lewis. Printed by Footprint Workers Co-op, Leeds. 0113 262 4408. www.footprinters.co.uk.

From the editor....

The study of Nutrition in the past few years has brought us more and more information about the human physiology and the workings of the digestive system. These researches which consist mainly of studies of human groups bring confirmation that the vegan way of nutrition is the one suited for the human organism.

In contrast to this improvement in knowledge, there is a growing acknowledgement of the unsuitability of the normal diet of a significant number of the peoples of the affluent nations, and obesity is of growing concern, especially among young children.

Sugary and fatty foods can give a feeling of fullness and satisfaction that leads us to neglect the equally important fruit and vegetables also necessary for a balanced diet. Official sources have long pleaded that we should include a minimum of five portions of fruit and veg each day "Five A Day", but the message is rarely heard above the constant promotion of convenience foods and snacks.

Instead of turning to a balanced diet, the fashion is to look for systems of fat reduction through diets. Although some succeed in reducing their overweight, they then return to their former diet and, unsurprisingly, they put the weight on again.

The latest fad is the Atkins diet which emphasises eating protein foods and avoiding carbohydrates (starchy foods). This has become fashionable through promotion by celebrities, but it is not a new idea. The emphasis on rich foods results in an unbalanced diet, which, if continued, will put a strain on the digestive system. Most people may have too high an intake of carbohydrates, as sugars are added to convenience foods to suit the convenience of the manufacturer.

I wonder why people should look on vegans as faddists when they themselves so readily follow the fads of fashion and ignore the wisdom of the Nutritionists?

Harry Mather

EVENTS

March Veggie Month Yearly campaign organised by Animal Aid. Web: www.animalaid.org.uk. Tel: 01732 364546.

30 Apr – 2 May Permaculture course Includes sustainable design principles, permaculture ethics, organic gardening, community economics, LETS systems, forest gardening, wild food walk, optional yoga sessions, 'hands on' practical experience & more... Cost: £75 (flexibility/concessions available). You can camp at the venue, or indoor accommodation is available for £5 per person per night. Held at Dial House Centre for Dynamic Cultural Change, North Weald (near Epping), Essex. Course leaders are both vegan: Graham Burnett (Dip Perm Des) and Ron Bates. For details or to book, phone 01702 303259, email landandliberty@ukonline.co.uk or send SAE to Land & Liberty, 35 Rayleigh Avenue, Westcliff On Sea, Essex, SS0 7DS. Web: www.landandliberty.co.uk.

8 May North-West Vegan Festival Sachas Hotel, Tib Street, Manchester. 10.30 a.m. – 5 p.m. Admission FREE. Food, drink, clothing, chocolate, etc. Organised by Realfood. Email: info@veganfestivals.org.uk. Web: www.veganfestivals.org.uk. Tel: 0845 458 0146. *Please phone or email if you can volunteer to help out on the day.*

9 – 22 May Permaculture course at Stepping Stones Housing Co-op in Gloucestershire. Tutors: Steve Charter & Emma Jackson, both raw food vegans. £200 for two-week course. Details: www.permaculture-steve.net.

15 May Veggie Pride March in Paris to denounce vegophobia and to act on behalf of our fellow-creatures whose rights have been taken away. Details: David +33 478 699071 or Nathalie +33 618 179109. These are French phone numbers, and both contacts can speak English. Web: www.veggiepride.org (click on the UK flag).

24 – 30 May 2004 National Vegetarian Week Organised by the UK Vegetarian Society. The theme is simply: Vegetarianism. Tel: 0161 925 2000. Web: www.vegsoc.org.

5 – 12 Jun Vegan Summer Gathering See right.

6 – 19 Jun Permaculture course at Plaw Hatch Organic and Biodynamic Farm near Forest Row, West Sussex. Tutor: Steve Charter, a raw food vegan. £200 for two-week course. Details: www.permaculture-steve.net.

4 Jul National Vegan Festival Kensington Town Hall, Hornton Street, London W8. (underground: High Street Kensington). 10am - 7pm, £1.50 entry (under 16 free). Stalls selling vegan products, campaigning groups, speakers, vegan food & drink, bar, music, children's workshops and more. They are now holding it at a new and larger venue (where Animal Aid's Christmas Without Cruelty is normally held in November). Web: www.veganfestival.freereserve.co.uk. Organised by Campaign Against Leather & Fur (CALF).

See www.veggies.org.uk/calendar.htm for the latest vegan + animal events. Vegan related events are also at www.veganviews.org.uk.

Vegetarian Society Cookery Classes

Run by the Cordon Vert Cookery School of The Vegetarian Society at Parkdale, Dunham Road, Altrincham, Cheshire WA14 4QG.

February 2004. 16-20th Foundation 1; 21st Italian Workshop; 23-27th Cordon Vert Certificate.

March 2004. 1-5th Foundation 3; 6th Around the World in Eight Dishes; 7th Tapas Workshop; 15-19th Foundation 1. 22-26th Foundation 4; 27th Gourmet & Dinner party ideas (2); 28th Light & Easy Workshop.

For more details + cost, contact Maureen. Email: cordonvert@vegsoc.org. Tel: 0161 925 2014. Web: www.vegsoc.org/cordonvert.

11th VEGAN SUMMER GATHERING 5th-12th June 2004 at Mumbles on Swansea Bay, at the gateway to the beautiful Gower Peninsula.

Accommodation in self-catering houses (single/twin/double rooms). Approximate cost per adult £85 for the week (excluding food), or £95 if booked after 24th April. One third or more off if unwaged or low income.

Discussions, talks, trips out (to coast and countryside), communal evening meals...and very good company! About 80 people of all ages usually take part. Day visitors welcome.

SAE for details to Malcolm Horne at Brynderwen, Crymlyn Road, Llansamlet, Swansea SA7 9XT (01792-792442). Or see www.veganviews.org.uk/vsg.

Sponsors/donations for Vegan Festival leaflet in July

The next Vegan Festival is on 4 Jul at Kensington Town Hall, Hornton Street, London W8 (see Events, this page). CALF, the organisers, have enough money to pay for the larger and inevitably more expensive venue. They are, however appealing for sponsors to produce a leaflet specifically designed to attract the general public (rather than specifically attracting vegans), which is going to cost them around £400. If your company/organisation would like to sponsor this leaflet (rather than the event itself which already has plenty of sponsors), please contact Robin or Alison. If you don't want to be a sponsor, you can still send donations to help pay for a different leaflet which goes out to vegans and like minded people. Tel: 0208 670 9585. Email: calf@alrob.freereserve.co.uk. CALF, BM 8889, London WC1N 3XX. Please make cheques payable to CALF.



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PERMACULTURE AND VEGANISM



Graham Burnett is vegan and a permaculturist. He writes booklets and holds courses on permaculture. He runs Land & Liberty, through which he sells permaculture booklets, T-shirts and posters.

Interview by John Curtis.

What is permaculture?

Permaculture is a way of life. It shows us how to make the most of our resources by minimising waste and maximising potential. But living ecologically and sustainably doesn't mean giving everything up, it means relearning the value of nature, to understand new ways of being wealthy. Permaculture methods can be applied now, whether you are gardening, doing the shopping, looking after kids, going to work or building your own home. Permaculture is not about getting away from it all – it's about taking control of our lives, our individual needs and our common future.

Permaculture is a relatively new idea, the word being coined about 30 years ago. People in the UK began to grasp onto it around 1982.

People care features strongly in the UK permaculture movement. Perhaps this is because in Australia where permaculture originated, there's lots of land but not many people. Here it's the opposite – we tend to live on top of each other, so community care features more strongly.

Permaculture borrows from the environmentalist three R's phrase: Reduce, Reuse, Recycle. Permaculture also adds a fourth: Re-think – designing systems that use less energy in the first place.

How does permaculture differ from organic farming?

Permaculture is a complete design system. It includes many elements, for example architecture, agro-forestry, green economics, land design, design of cities, and intelligent design of the countryside. It integrates them, bringing them all together holistically rather than separating them.

Organic farming tends to look at farming in isolation. Organic farming is a good thing – a progression from industrialised farming, but is only one part of creating systems for good food and good living. Many other aspects of how we live are not very earth friendly, eg, transport, buildings, health care. A lot of organic farming systems aren't that different from conventional systems – they are still dominating rather than working with nature, which is what permaculture is all about.

Organic farming is a growth sector but is very economics led, so is quite limited. Soil Association standards are very black and white, you're either organic or not, there's no middle ground. Yet there's a two or three year conversion

period from conventional to organic. We need a half-way house. Permaculture groups are discussing permaculture standards – earth friendly food production but which doesn't necessarily conform to Soil Association standards.

Is the distinction that permaculture is a hobby, whereas organic farming is a profession?

No. Many people are making a living from permaculture practices. A lot of people are applying permaculture to their own land, and there are many small businesses that follow permaculture principles and ethics.

What are 'Zones' in permaculture design?

Permaculture introduces the concept of 'zones', the closest to the home being where human activity and need for attention is most concentrated, and the furthest where there is no need for intervention at all. Zone 0 is in the home, where you could implement energy-efficient cooking and storage of food, and design an ergonomic kitchen layout. Zone 1 is the part of your back garden near the back door, where you put your compost bin and also grow frequently-used crops such as salad leaves. Zone 2 is further into your back garden which needs slightly less attention, where you might grow fruit bushes and trees. Zone 3 is further away still, perhaps an allotment where you could grow root crops that need even less attention. Zone 4 is semi-wild, for example coppice managed woodland used for forage and gathering other wild foods and timber, whilst zone 5 is the wilderness, where there is no human intervention apart from the observation of natural eco-systems and cycles.

Can a person be a permaculturist without being involved in growing?

Yes. The permaculture design principles and ethics of earth care, people care and fair shares apply to any aspect of being human.

You've explained the theory. Could you give some practical examples?

In run-down urban towns or inner cities or even in the country, starting LETS systems (Local Exchange Trading Systems, which enables people to share skills and goods on a local level using a local currency rather than sterling), organic allotments & community gardens are good examples of self-help.

Permaculture is also about turning problems into solutions. A while ago I had ugly piles of rubble and top-soil at opposite ends of the garden. So I brought them together to make a beautiful herb spiral. Other practical small steps might be to sprout beans in your kitchen or recycle waste.

When and why did you go vegan?

I went vegetarian in 1977 because I didn't like the taste or texture of meat. I later became more aware of animal cruelty and the practices used in dairy farming, and went vegan in 1984. I also became involved in animal rights, including hunt sabbing, around this time.

How does veganism fit in with permaculture?

Permaculture abhors factory farming, the way milk and eggs are produced on a massive level, but many permaculturists do keep goats and livestock. This is one of

the healthy debates in permaculture, and vegans are not a lone voice. Catering at permaculture events tends to be vegan oriented. Lots of veggie/vegan permaculture events are advertised in Permaculture magazine, and in vegan magazines too. There's a lot of tolerance in permaculture towards vegans from non-vegans and vice versa. Both camps respect one another. There's quite a diversity of views.

Veganism seems to be more widespread in the UK permaculture movement than it is in other countries. It does seem to be one of the directions we've taken over here.

In what ways do you try to encourage veganism in permaculture?

I give the vegan perspective in my books and articles but try to remain non-judgemental. People can make up their own minds. When running courses I do try to be non-biased. My forthcoming book is a vegan permaculture recipe book. I also wrote an article in Permaculture magazine a while ago, about how I try to put permaculture concepts into my everyday life, one of which for me is being vegan, since it reduces my ecological footprint. This was a little controversial to some readers, but I also received a lot of support for what I was saying.

Does permaculture emphasise self-sufficiency?

More self-reliance than self-sufficiency. Self sufficiency to me conjures up an image of rugged individualism, someone slightly right-wing and survivalist. You would have to do all of your own building and grow all of your food, etc. But what if you're ill? Self-reliance is where you rely on yourself but you have a network of people to help you out – the group itself aims to be self-sufficient. In the UK, permaculturists tend to be more interested in networking than just looking after themselves. To me, that's about the people-care side of permaculture.

Tell me about *Land and Liberty*, the organisation that you run.

I've been doing punk fanzines since the late 70s. I started *Land and Liberty* (www.landandliberty.co.uk) in the early 90s with the first booklet that I wrote: "Well Fed not an Animal Dead". I used *Land and Liberty* as a distribution for the booklet. Things died a death after a while, but then I wrote the "Permaculture for Beginners" guide, which resurrected *Land and Liberty*. The name comes from a book by Ricardo Magon that I read on the Mexican revolution which was called "Tierra y Libertad", which translates to Land and Liberty. I'm in the process of changing the name to *Spiral Seed* since there's another organisation called *Land and Liberty* and this causes confusion. The spiral figures a lot in permaculture – the spiral pattern occurs in galaxies, shells, and in the leaf formation of some plants. Seed emphasises the potential of future.

We also have T-shirts. They are made by Sunrise Screenprint www.menmuir.org.uk/sunrise, Tel: 01356 660430. This co-operative is vegan, environmental, and use non-bleached organic, fair trade materials. Their prices are reasonable, they are reliable, and they can do designs

or you can supply your own designs. I strongly recommend them to groups that need T-shirts printed.

I also strongly recommend Footprint Workers Co-op in Leeds. www.footprinters.co.uk, Tel: 0113 262 4408. They do my printing. They are very reasonably priced, very ethically based, all paper is re-cycled, and they use eco-friendly inks.

When did you start your permaculture courses?

The courses are run by Ron Bates and me. The first one was a 2-day course in 1998, through the local LETS scheme, which fitted well with the essence of permaculture. We later ran a Vegan Organic course in Southend.

I gained a diploma in permaculture in September 2001, and last year we ran two permaculture courses at Dial House in Essex – one in May and one in August. The one in August was less well attended, and people have since advised us not to run a course in August since many people are on holiday.

I hear that you have a few allotments.

I've got a back garden and three allotments. Two of the allotments are for vegetables. I'm the secretary of my allotment committee, which is ironic since for years I was told off by the committee for having too many weeds! Things are changing though. The out-dated image of allotments came from the war and post war period. There's now a younger energy coming in. My third allotment is in Leigh, three miles away, committed to creating a forest garden with fruit bushes, apple trees, etc.

Do you dig?

I dig a bit but keep it to a minimum. Digging does have some benefit since I have heavy clay soil and bindweed infestation. Digging is just one option of many.

You've got lots of things on – three allotments, a garden *Land & Liberty*, Permaculture, courses, a job and children. How do you fit everything in?

My kids and partner are a bit interested, although not in gardening. We are an all-vegan family, living as environmentally as practical. I try to keep things balanced. My partner is a child minder. I'm a day centre officer for adults with learning disabilities.

Any future plans?

I'm writing a permaculture cookbook, with vegan recipes and articles about permaculture. All my previous booklets I've published myself, but this will hopefully be published by Permanent Publications, the publishers of Permaculture magazine. They are supportive of the vegan ideals – they take lots of copies of my "Well Fed not an Animal Dead" booklet.

Our thanks to Graham Burnett for the interview, and for telling us about Footprint Workers Co-op who print some of Graham's materials, and who now print Vegan Views magazine.

Graham and Ron Bates have another of their permaculture courses 30 Apr – 2 May – see Events p 3 for details.

NO MORE FISH

Many who give up red meat feel a need to eat some fish at least for a while, but fishes are animals not vegetables. The Vegetarian Society has made a great effort to educate caterers in particular on this point by insisting that fish do not grow on trees nor sprout out of the ground. They stress that fish are real animals and they have found the name 'pesky vores' for those who still eat fish.

The subject of fish has become important these days on two points. One is that nutritionists have seized on the importance in the diet of fatty acids, mainly omega 3, for a healthy heart and they are advising that one should eat oily fish about twice a week. The other topical issue is that fish stocks are dwindling to the point that the EU is insisting on imposing restrictions on fishing. It is no longer possible to say "there are plenty of fish in the sea". On the contrary some species such as cod are facing extinction if fishing on the present scale is continued. Fishermen are having to accept quotas being imposed and no-take zones imposed to allow cod to replenish.

Fishermen view this with horror as an end to their livelihood, but fishing is no longer the simple occupation that it was 100 years ago. The number of fishing boats has declined but their size and technical efficiency has increased. Incredibly, trawler nets can be several kilometres long and be fitted with weighted boards that scrape the bottom of the sea and churn up the sediment. They destroy the whole environment of the sea bottom and destroy the habitat where some fish breed. It is also destroying the newly-discovered cold water corals in the North Sea and the Atlantic, which are just as spectacular as the corals found in warmer waters. On a typical 15 day trip, a trawler may sweep about 33 square kilometres of deep sea habitat. Corals reefs take centuries to develop and it is hoped to protect at least some of these newly discovered wonders.

The old way of fishing was to locate a quantity of the fish you wanted and throw nets overboard to catch them. Modern methods trawl up all the fish in a huge area including many unwanted types, some deep sea oddities and more popular ones such as dolphins that are being killed by this process. Endangered species have to be thrown back, so are other unwanted fish, but exposing them to the air has already killed them. They attack the sea in the same way that cattle farmers are attacking the rainforests. The seas are being plundered and ecosystems suffer. And the struggle magnifies as the fish stocks diminish. Incredible as it may seem, a style of fishing has been developed where an area is blasted with dynamite and the dead fish scooped up. In spite of these high tech processes, fishermen still rely on government subsidies, just as the farmers on land do.

Global warming is also affecting the numbers and distribution of fish stocks and European boats go farther afield, even to the coast of West Africa, where they deprive local populations of their scant food resources.

Fish are cold blooded and not pleasant to touch, so people do not grant them the same nature of feelings as they do to

warm blooded, furry animals that we may enjoy stroking. This does not mean that they are devoid of feelings. Unlike plants, they have a nervous system and scientific studies have shown that they feel pain. Certainly, being caught by a hook in the sensitive area of the mouth must cause pain and hauling them out of the environment where they obtain oxygen through the water passing over their gills is bound to suffocate them. This is equivalent to air-breathing creatures being dragged under water and fish do not benefit from being stunned before death as farm animals usually are.

A solution to the problem of dwindling fish stocks has been to develop fish farming, that is breeding fish in huge caged tanks close to the shore. You can feed them, catch them more easily and select which type to breed according to market demand. Trout and salmon are preferred. This 'factory farming' of fish has the same disadvantage as the intensive farming of land animals, namely that diseases will spread rapidly and strong pesticides have to be added to the water to maintain the health of the fish. Some of this drifts down to the bottom of the sea, together with a concentration of faeces and excess food to pollute the area below the fishes. The decaying waste matter uses up the oxygen in the water and stifles other fish and vegetation.

Fish farming is also a flawed solution because oily fish such as salmon feed off smaller fish and it is necessary to catch fish from the open sea in order to feed the farmed fish. Fish is also used to feed land animals and it is calculated that a quarter of all fish production is fed to land animals. Some may be also be used as fertiliser for the land. We are plundering the diminishing stocks of fish not only as food unnecessary for humans but also to feed farm animals, the consumption of which is also unnecessary for our health. It looks as though we are being advised to eat fish for a healthier heart whilst condoning the eating of animal fat which is a great cause of heart disease.

If fish is to be considered as healthy food, then we should assume that the fish are living in a healthy environment. Far from it! All the pollution created on land from industry, farming practices and general waste is gradually carried by streams and rivers into the sea. Strong poisons like mercury, organophosphates, dioxins and PCBs accumulate in the sea and are taken up by the marine life. It was found that up to 40% of some fish products on sale contained pollutants. Decades ago it was found that fish in one bay in Japan were polluted with mercury and causing deaths locally. This was traced to discharges of mercury from a local factory. Today fish all over the world are found to contain mercury, a heavy poison, as well as other pollutants, including radio activity.

A recent survey published in the magazine *Science* found that Scottish salmon was the most polluted of all farmed fish and contained unacceptable quantities of dioxins and PCBs. They recommended that it should only be eaten 3 or 4 times a year. (Nutritionists want us to eat oily fish 2 or 3 times a week). The Food Standards Agency claim that the stated levels found in Scottish salmon were acceptable by EU regulations, but admitted they themselves had made no tests since the mid 1990s.

Shell fish are heavy on the digestion at the best of times and Moses was wise when he forbade his followers to eat shell fish; but today the shell fish are even more polluted. The popularity of prawns has had other undesirable results.

Farmers in India and South East Asia are encouraged by the high price paid for of prawns to turn the land they use to grow (poorly paid) food crops over to producing prawns. But as production soars, the price falls and some are left without a livelihood and with land no longer suitable for producing crops for their own use.

Shell fish may be even less attractive to us than other fish, but they too are sentient creatures with nervous systems. To plunge them alive into boiling water must certainly be an act of cruelty.

So if we don't get the fatty acids like omega 3 from oily fish, what are vegans to do? The answer is simple: vegan sources of essential fatty acids (EFAs) can be found in plenty in seeds and nuts and oils (see box below).

So live and let live. Leave the fish in the sea to work out their own destinies so that we can again say "there are plenty of fish in the sea."

H. Mather

Essential Fatty Acids – a guide for vegans

Source: Plant Based Nutrition and Health, Stephen Walsh

Generally, vegans (and vegetarians too) get too many omega 6 EFAs and not enough omega 3 EFAs. In fact, eating too many omega 6 fatty acids hinders the absorption of the omega 3s. There's a simple way to change this...

Poor choices Sunflower oil is very rich in omega 6s but is very low in omega 3s, so a poor choice. It also has high amounts of polyunsaturated fat, which is not good since it's better to have the bulk of your fat as monounsaturated fat. Soya oil is slightly better than sunflower oil, but is still not optimal.

Good choices Rapeseed oil and olive oil have a much better balance between omega 3s and 6s so are good choices for general cooking. These two oils are also rich in mono-unsaturated fats, which is believed to be the most healthy type of fat. Both are also low in saturated fat. Rapeseed oil is very low priced, so is an excellent choice if you are on a budget.

Optimal amount Just one of the following per day gives good intakes of omega 3 without adding excessive omega 6:

- 1 teaspoon flaxseed (also known as linseed) oil
- 1½ tablespoons ground flaxseed – it must be ground, e.g. with a pestle and mortar or in a coffee grinder, otherwise the body cannot absorb the oil in the seed. Also, it is best cooked to eliminate cyanogenic glycosides
- 1½ tablespoons rapeseed oil (a very economical oil)
- 1 tablespoon hempseed oil
- 5 tablespoons hempseeds

Note that more than double the above amounts is not a good idea since too much omega 3 is not beneficial.

A VEGETARIAN IN TAIWAN

Vegetarianism is good for health, the spirit and the environment. Meat from animals, including that from fowls and fishes, to put it simply, is not necessary. And this way of living makes an easier way for the spiritual life.

In the textbook in primary schools of Taiwan, there are calculations regarding the environment: from the same amount of land, one can harvest more vegetables than meat.

The diseases of pigs (e.g. Taiwan), hens (Hong Kong), cattle (Britain, Japan), fish (Taiwan), etc., clearly show, that animals are not fit to eat. Further, the breeding of pigs for food in Taiwan pollutes the rivers; and the enterprises do not profit from this breeding, but lose money. So, vegetarianism is better. It conforms with laws respecting Nature and those who look to the laws of Nature and appreciate the environment, should be vegetarian.

In the Chinese language, the word for vegetarianism is "sushi" and its meaning is "simple eating". In Taiwan about 5% of the inhabitants never eat meat.

The largest following for vegetarianism is in Buddhism. They eat vegetarian but do not use any spices, which have strong smells and stimulate the body (e.g. garlic). In Buddhist Sutras, the Buddha says, that one should not eat meat or such spices

In Taiwan, more and more people now eat vegetarian, and not always for health reasons. In nearly every town or neighbourhood there are vegetarian restaurants or buffets. They also deliver lunchboxes – e.g. to firms. In Taiwan nearly always and everywhere you can find tasty vegetable food.

Welcome to Taiwan!

Zhong Qiyao

Translated from the Esperanto in Esperanto Vegetarano 2002.

The Shellfish Network

The Shellfish Network, Springside, Forest Road, East Horsley, Surrey KT24 5AZ. Tel/Fax 01483 282995. Email: info@shellfishnetwork.org.uk. **Aims:**

- 1) To increase awareness of the fact that shellfish are living creatures capable of experiencing pain and stress.
- 2) To stop the cruelty involved in, and eventually to bring an end to, the slaughter of shellfish for human consumption and other abuses.

Appeal for long-time VV readers

The next issue will be our one hundredth (VV100). We will be pleased to receive any reminiscences from readers about early editions of Vegan Views for publication in this issue. Address is on p2.

VEGAN ORGANIC GROWING



VV subscriber Graham Cole has worked on several large gardens since 1978. He is a strong supporter of the Vegan Organic Network, and will be the presenter on their forthcoming videos on stockfree organic agriculture.

The Garden in late Winter/Early Spring

During this dormant time we have the chance to reflect on last year's progress (success and failure), looking ahead to the new growing season and getting mail order seeds.

The wonderful weather last year continued well into the autumn and only since the new year have most parts of the country seen useful amounts of rain. All that vegan-organic material both in the soil and on top shows its value in retaining moisture and nutrients.

If shelter is available (cloche, frame or greenhouse) early sowings can begin. Even a window sill can provide a start. Most things can germinate at around 15°C (60°F) then good light conditions must be given to enable steady and sturdy growth. A small electric propagator to give gentle bottom heat is a useful consideration.

Early Sowings (protected)

Lettuce, Parsley, Broad Bean, Cabbage, Radish, greenhouse Tomato, Sweet Pepper and Sweet Basil – the latter three needing higher germination temps of around 18°C-21°C. Also a few hardy perennial and annual flowers can be started now to help attract all that insect life into the garden!

Outside (as conditions allow)

Shallots, Onion Sets, Peas and Broad Beans.

At this time if you have bought your Seed Potatoes they should be "chitted" (sprouting) in good light to get good growing shoots. My favourite varieties are "Duke of York", a tasty "floury" early, which will also keep very well; "Edzell Blue" tasty early old variety making a comeback.; "Pink Fir Apple", a heavy cropping salad spud. For storing, if you have space, maincrop ones such as "Maris Piper", "Desiree" (as all reds – less damaged by underground slugs), "Cara" and "Golden Wonder".

Harvesting Now (fresh or natural storage)

Leeks, Parsnip, Broccoli, Kale, Cabbage, Carrot, Celeriac, Spinach, Winter Squash, Potatoes.

Plus protected autumn sown leafy stuff such as Winter Purslane, Parsley, Corn Salad, Mizuna and soon, Lettuce – all valuable nutrition this time of year to supplement the seed sprouts (alfalfa etc.)

Growing Mediums

B&Q Peat-Free (and animal free) Organic Compost for sowing (I add some sharp sand for this) and potting up – the most widely available medium for veganic gardeners.

Municipal Compost – this is catching on at last in a lot of areas. Here in Hampshire we now have some called Pro-

Grow which I am going to trial this year as a potting medium. It's main use is as a soil conditioner for the garden.

Allotments and Birds

If you are considering an allotment now is a good time to get one so you can get cracking in time for the main growing period.

We have our bird feeders hanging up near the soft fruit and fruit trees and while they are "in the queue" they perch on the branches and eat over-wintering aphid eggs and we have seen Greater Spotted Woodpecker and Nuthatch as well as the usual Blue-tits and Finches.

Enjoy your Gardens, Allotments, Balcony, Patio space and the delights from them both edible and colourful!

Seed Catalogue

Suffolk Herbs, Monks Farm, Coggeshall Rd, Kelvedon, Essex CO5 9PG. Web: www.suffolkherbs.com.

Useful Information

Vegan Organic Network, Plants for a Future, and Movement for Compassionate Living: see back page.

The Vegan Views website contains the current and all the of previous Vegan Organic Growing articles, and in many cases, has extra colour photographs. See www.veganviews.org.uk/vvcrossref.html#grow.

Vegans meeting up via the internet

Meetup is a free internet-based service that lets people with similar interests meet up with lots of other like-minded people in their nearest city worldwide. One category of people is vegans, and the website for this is <http://vegan.meetup.com>. In January 2004, the UK cities listed were Belfast, Birmingham, Bristol, Dublin, Edinburgh, Leeds, Liverpool, London and Newcastle. Vegan interested in meeting other vegans vote on-line for a preferred meet-up location (e.g. a café or pub). If your nearest city isn't listed, you can always add it and see if other vegans want to meet up there. You can also find out how many people have confirmed that they want to meet up at a certain place and time on the website.

The Overseas Aid Charity for Vegetarians & Vegans is

VEGFAM

(British Registered Charity No. 232208, Inland Revenue Ref XN8555)

FEEDS THE HUNGRY WITHOUT EXPLOITING ANIMALS

The Fragile Environment of Developing Countries cannot support TWO populations

Humans and their Food Animals.

For over 30 years VEGFAM has provided short and long-term Relief to People who have been the victims of Drought, Flood, Cyclone or War in over 40 countries. Our Supporters control how much of their Donation goes on Administration since VEGFAM operates three separate Funds for the use of Donors/Testators the particulars of which are:

GENERAL DONATIONS paid into a/c No 65023307 00

will be apportioned (by % shown) between

PROJECTS (91%) a/c No 65023323 00

Administration Expenses (7%) a/c No 65023310 00

Office Building Fund (2%) a/c No 65023336 53

Accounts are at The Co-operative Bank plc, 242 High Street, EXETER, Devon, EX4 3QB, Sort Code 08-92-90. (Midland Banks a/cs retained for use by existing Donors). Postal cheques, IMO's, MO's and PO's to Lydford address, please.

SUPPORTERS ARE INVITED TO PAY DONATIONS DIRECT TO ANY OF THESE ACCOUNTS

Tel/Fax Lydford (01822) 820203 or (01550) 721197 for more details – Covenant Forms/Bankers Order Forms etc (& self catering visitors accommodation) or write (SAE appreciated) to: VEGFAM, "The Sanctuary", Nr Lydford, Okehampton, Devon, EX20 4AL.

Website: www.veganvillage.co.uk/vegfam. Email: vegfam@veganvillage.co.uk.

THANK YOU FOR YOUR SUPPORT

GRASSROOTS NEWS

If you run or help out with a 'grassroots' vegan group, project or community and would like news from it listed in this section, please send us details. See p 19/20 for contact details + websites of the following groups/projects.

Vegan Organic Network/Trust (VON/VOT)

Good progress towards getting a **stockfree organic agriculture, education, research and development centre** has been reported in previous issues, and a site had been found in the North West. Unfortunately, the site that VOT had found turned out to have unusable soil quality, and also, negotiations with the site owners encountered difficulties, so VOT have decided to pull out. They are now looking elsewhere for a more suitable site.

Their **video project**, where videos of stock-free farming are being produced, is progressing well. The plan is to film throughout 2004 to capture a whole growing season, and then to edit the material into semi-professionally produced videos which they will sell. Most of the filming will be at Tolhurst Organic Produce, a vegan organic farm near Reading, although they hope to do some filming elsewhere too. VOT are also writing a **Vegan Organic Growers' Manual**, and further chapters have been written since we last reported on this.

In 2004, VOT plan to launch the **Vegan Organic Standards** in conjunction with the Soil Association. This will be an enhanced version of the Soil Association's current standards, and will guarantee stock-free farming, without the use of animal by-products such as manure, and fertilisers based on fish, blood, bone, hoof, horn, etc. They also forbid hunting and shooting on the land of farmers who have the vegan organic standards. Considerable hard work has gone into organising these standards over the last few years.

Their 40-page A4 sized magazine *Growing Green International* which their supporters receive is full of information on growing, and includes articles written by professional growers. It's another good reason to become a VOT supporter.

VOT plan to put **more information on their website** at www.veganorganic.net, including many articles from previous *Growing Green International* magazines. One area where they lack a little skill is in their website. If anyone can help them with this, then that would be a great boost to them.

Ancient Woodlands Project, Yorkshire

Louisa, who owns this 29-acre site near Scarborough, has had problems with theft of tools and equipment. She is therefore hoping to get **planning permission to put up a building** on the site to store things. Following the successful volunteer week last September, she hopes to have **volunteer weekends** (rather than full weeks) this Spring/Summer.

She plans to plant around trees rather than chopping them down. Since the trees cause shade to the surrounding areas

which can inhibit growth, **she needs help and advice on this.**

She still hasn't had any volunteers to help improve the website at www.woodlandproject.org.uk. She needs **someone to gather useful information on woodlands** to be added to their website. Plants for a Future (www.pfaf.org) have lots of information on their website, whereas Louisa's is very basic, but needs more (e.g. on sustainable forestry, hedge-laying, coppicing, permaculture, bio-dynamics, forest gardening, tree-planting, green woodworking and organic gardening) so that it attracts more visitors to the website, and might help her to get funding and volunteers in the future. Perhaps two different people could do this – someone finding the information, who doesn't need to know about website design, and someone else to put this information on the website. You also don't need to live in the Scarborough area. **If you can help with this, please contact Louisa** on 07748 101117. Email: Ancientwoodlands@aol.com. Web: www.woodlandproject.org.uk.

Plants for a Future

One of PFAF's two sites, *The Field* in Cornwall, is going to be put into a **new collaborative structure called a "land club"** to protect its long term future. The land will be held by the club under a restrictive covenant which ensures that the land will be worked in a way that is in keeping with PFAF's vegan organic values. Club members will be able to lease a part of the land in order to practice vegan, organic woodland gardening and to promote education and research in this area.

After they have got the club up and running, they will in the near future appeal for new members. For more information, contact Phil James, 24 Lerryn View, Lerryn, Near Lostwithiel, Cornwall PL22 0QL. acousticthyme@phonecoop.coop.

Court Rules on Factory Farming

Compassion In World Farming claimed in Court that modern methods of raising broiler hens make them grow so quickly that those needed for breeding have to be starved for weeks and that this was in breach of EU Law.

Mr. Justice Newman rejected this and ruled that there had to be a balance between the needs of animals and the commercial interest of farming.

"Animals are exploited by humans for any number of purposes including, in a number of different circumstances, commercial gains", he said.

There are about 800 million broiler chickens in Britain. They are selected to reach slaughter weight in 41 days, which is twice as fast as 30 years ago. CIWF stated that the birds' legs fail to keep pace with the rapidly growing body and legs often buckle under the strain.

The breeding flock have to be made to live longer in order to reach sexual maturity, so their growth rate is slowed down by feeding them on tiny rations, causing chronic hunger.

REPORT: VEGAN CAMP 2003

Veteran Vegan Camper and VV Reader Chris Phillips made a 3 am start from Scarborough in Yorkshire to arrive at the Vegan Camp in the heat of the day of 7th August in sweltering Lyme Regis in Devon. He writes:

In the sun it was nearly 38°C, so we made for the shade till we cooled down. Thursday (and Sunday) evenings were the communal meal days, when we all ate together, putting out food to share. It was good to see a lot of our old friends again with welcoming vegan camp hugs. As usual there were a number of newcomers too. After the meal there was an organised "Cone on Spoon" race. Chris excelled himself coming in 2nd.

The next day we walked into Lyme Regis. From the hot sands we gently lowered ourselves into the cool water, and for the first time in MANY years Chris actually swam a few strokes in the sea! The heat was overpowering, so we ate our lunch in a cool place. At the camp we had our small community tent, loaned by Keith and Helen Bevan, usually used to keep out the rain, but this year to keep out the sun! A number of children (and a few 'adult' children) enjoyed the splendours of throwing buckets of water over each other, or firing water pistols.

On the Saturday morning Stella gave us a short talk about The Movement For Compassionate Living (MCL). This is a group of vegans who believe in compassion for all life (www.MCLveganway.org.uk). In the afternoon Dylis and I went for another walk into Lyme Regis. This was a lovely walk along the banks of a river, in woodland and across fields, in and out of the sun and shade. When in Lyme Regis we walked on the Cobb made famous by Jane Austen in 'Persuasion', which Dylis was reading. Sunday was a restful day, still very hot. In the morning, we attended the Quaker meeting in Uplyme, in the village Hall. The communal meal was followed this time by singing with George and Mark on their guitars. On Monday we decided to go to Dorchester. On the way we went to see the Cerne Abbas Giant. The origin of this is unknown. It is a huge chalk "drawing" dating back to at least the Civil War period. And may be meant to be a caricature of a naked Oliver Cromwell. Dorchester was occupied for a long period by the Romans which is reflected in the museum. We also strolled along the line of the Roman Wall, viewed the remains of a small Roman villa, stopped at a near-by Amphitheatre (Maumbury Rings) and visited the cottage once lived in by Thomas Hardy. Then we visited Maiden Castle. Castle is really the wrong word for this giant fortification on the top of a hill

On the hot and sunny Wednesday afternoon, Sophia Howard came with us to go on a narrow gauge tram ride from Seaton along a stretch of the river Axe. Back in camp, what did it do? Yes, it rained. It always rains on a Wednesday in Vegan Camp. On the Thursday, 11 of us went for a walk along the sands to Charmouth. All along the coast there were clearly visible strata in the cliffs, and many a fossil could be found. Mysterious black clay and various coloured sands and stones and rocks intrigued us. The evening was the last of the communal meals followed by a Quiz set by Chris and Tony.

Our last day was a visit to Ferne Animal Sanctuary near Chard (Somerset). Later it rained! Now why should it rain on our last evening, when it had been dry so far? The only really wet time had to be just before we packed!

RECOMMENDED BOOKS

See also p 17 for book reviews.

Vegan Rustic Cooking For All Seasons by Diana White. Published by Vegan Organic Trust (see page 20). Book profits go to this trust, dedicated to education and demonstration of working towards vegan organic agriculture and away from the conventional chemical, animal exploitative methods. £7-99 inc. post from VOT, 10 Charter Road, Altrincham, Cheshire WA15 9RL. p.a.white@ukgateway.net.

Animal-Free Shopper 6TH Edition £4-99 + £1-50 P&P from The Vegan Society, 7 Battle Road, St. Leonards on Sea TN37 7AA. Tel: 01424 427393. Web: www.vegansociety.com.

Specious Science by C. Ray Greek, MD and Jean Swingle Greek, DVM Authors of *Sacred Cows and Golden Geese*. How Genetics and Evolution Reveal Why Medical Research on Animals Harms Humans. ISBN 0 8264 1398 6 US\$26.9.

Vegan Stories Vegans around the world tell their stories of how and why they went vegan. Collected by Julie Rosenfield. £7-99 + £1-50 p+p from The Vegan Society, address as above. Julie's Vegan London website: www.veganlondon.freeserve.co.uk.

Plant Based Nutrition and Health by Stephen Walsh phased. Published by The Vegan Society. 240 pages £7-95 ISBN 0 907337 26 0 paperback.

An up-to-date review of current scientific research on vegan nutrition. Using sound science he is able to show the health benefits of a vegan diet, and to inform vegans about the best nutrition they can follow. The points made in various chapters are explained in simple language and each chapter ends with a clear summary of the practical points. There is clear guidance on the often raised topics of calcium, iron, vitamin B12 and fatty acids (e.g. omega 3's).

Nutrition For Optimal Health Video (46 minutes) by Dr. Michael Klaper £8-95 + £1-50 p+p from The Vegan Society (address above). Klaper's website: www.vegsource.com/klaper.

Healthy Vegan Infants/Children gives individual case histories of children being brought up as vegans and also professional advice. £2 from: Plamil Foods, Bowles Well Gardens, Folkestone, Kent CT19 6PQ. Tel: 01303 850588. Web: www.plamilfoods.co.uk.

Vegetarian Visitor 2003 – Where to stay and eat in Britain. Edited by Annemarie Weitzel, £2-50, ISBN 1 887766 78 5. Published by Jon Carpenter, Alder House, Market Square, Charlbury OX7 3PQ. 01689 870437. Free web version: www.veggieland.co.uk.

Vegetarian Britain 2nd Edition. (includes Northern Ireland) over 500 pages of restaurants, cafés, accommodation and health food shops. £7-95 + £1-50 p+p from Vegetarian Guides Ltd. PO Box 2284 London W1A 5UA. Also Guides to Europe £9-99, France £6-99, London £5-99. Web www.vegetarianguides.com.

the activists

episode 1

VEGAN
RESISTANCE
MEETING TONIGHT
8.00 PM
EVERYONE WELCOME.

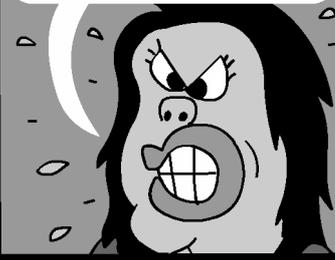
Right it's 8 O'clock so I think we should begin. First of all let me introduce myself, my name is...



um...shouldn't we wait a few more minutes incase anyone else turns up??



NO WE WILL NOT!!!!...if people don't have the common decency to turn up on time then they can just bloody well...



Oh, erm..sorry I'm late, I was giving out some anti-abortion leaflets outside mcdonalds!



Oh that's just fiiiiineeee... ..erm...what's your name??

er.. Dave..

Hellooooo Dave...mmm..pleeease...take a seat...



...as i was saying...my name is Lizzy Glover, and for those of you who don't know me, I was superintendent in the vegan police before being ousted in a military coup by a bunch of evil bla bla bla bla...bla bla..bla..

She's a bit keen isn't she??



Quite frightening really... you know she reminds me of someone somewhere, but I just can't quite figure out who...

YOU GIRL!!!!
Stop distracting DAVE with your selfish and fickle flirting!!!



Well actually, it was me who started talking to her...



It's OK Dave, you don't have to stick up for the little tart!

does anyone mind if I have a smoke??

YES WE BLOODY WELL DO!!



erm...excuse me...is this the right room for the knitting club??



THE END
www.tinyflea.com

...our thanks to Dave Watson for putting together a new cartoon.

Letters

Need for Nutritional Information

Dear Harry

With regard to the ongoing debate about The Vegan magazine, I too, think that it doesn't cover nearly enough of the issues that are of importance to a lot of vegans or aspiring vegans. Also, in reply to Chris Sutoris's comments, I think that whilst it's probably not necessary for long-time vegans to be informed of nutritional matters, it might be for those who are new to veganism and it could be a lack of nutritional information (e.g. where can I get enough iron or such-and-such from?) that is stopping some people from becoming vegan. I've spoken to several vegetarians, let alone meat-eaters, who seem to be unaware that you can obtain more than adequate amounts of calcium from plant foods.

I also think that nutritional advice is applicable to everyone whatever their diet. There are countless meat-eaters suffering from anaemia and osteoporosis and they are supposedly the ones with the highest intakes of iron and calcium!

Linda Majzlik

o0-0o

Meat Look-Alikes

Dear Vegan Views,

Am I the only vegan around who strongly disapproves of the proliferation of animal-free meat and fish look-alikes that are currently flooding the market? It's now possible to buy vegan versions of virtually every meat and fish product available, not to mention meat flavoured gravy. I am just wondering what kind of message this is giving out to non-vegans. I suspect they probably think that we are really all frustrated meat eaters who crave our piece of dead flesh on the plate.

As a transition food for people getting to grips with giving up meat and learning about the vegan diet they may serve a purpose, but for long-term use I believe they should be shunned. There are countless, delicious dishes based on wholesome plant foods that are quick and easy to prepare and a whole lot more satisfying than a dead-flesh look-alike sitting on the plate. This current trend also alienates vegans who want to eat out but who do not wish to eat these products as many caterers seem to believe that this is what all vegans want to eat.

One of the great pleasures of being a vegan is knowing that no animal has died needlessly to provide us with food. Why would any morally or ethically motivated vegan want to be reminded of meat by eating these products, which I am told are basically indistinguishable from the real thing. What chance will there be in the long term for educating non-vegans about the diversity of plant-based ingredients and styles of cooking if all we do is try to emulate meat-eaters and their boring meat and two veg mode of eating.

I think it's high time that vegans who eat these products stop cheating on themselves and realise that they are being manipulated by companies cashing in on the popularity of these look-alikes which are often highly processed, over-packaged and invariably contain high levels of salt and fat. I would be very interested to hear whether there are any other vegans who feel the same way as I do about these products.

Regards,

Nicola Watson

o0-0o

Veg4Lent

There are several initiatives each year which seek to increase the demographic status of vegetarianism, amongst them the Veg4Lent campaign.

In its seventh year, Veg4Lent has been steadily presenting the issue and imperatives of contemporary ethical vegetarianism to the Christian clergy, hierarchy and press. As you can see from a visit to our website, the response has been mixed and basically evasive, although the concept itself has seen acceptance and progressive debate, through various 'letters to the editor' – 'forums'.

The average churchgoer and 'nominal Christian' however remain our priorities and our flyer is the main means for reaching them. As there are countless 'peace/love/justice'-orientated groups among the church laity, our current concern is ensuring that as many as possible receive the case for mercy towards animals, otherwise condemned to the abattoir.

To a large extent this form of campaigning currently requires mailing envelopes, although Church foyer exhibitions have also proved successful, where tolerated(!)

If there are any Christian members within your group, who would be interested in becoming involved with Veg4Lent – 2004, would they please contact the following address or send an email to chairman@veg4lent.org.

Yours for the animals,

Don Gwillim

The Veg4Lent campaign is active each year in promoting the benefits of ethical vegetarianism amongst Christians. For further information on this year's initiative, please visit www.veg4lent.org, or contact: Veg4Lent, Foresta, Pines Road, Liphook GU30 7PL. Tel: 01428 723747.

VeggiePets.com

VeggiePets.com is a UK-based website selling only vegetarian/vegan dog and cat food throughout the UK. It is run by vegetarians who have researched and sourced the products with care. They are also interested in hearing people's experiences with vegetarian/vegan cats and dogs. Tel: 023 9266 7213. Web: www.veggiepets.com. Email: info@veggiepets.com. VeggiePets.com, 254 Queens Rd, Portsmouth, Hants, P02 7NQ.

HEART OF THE MATTER

You probably remember how appalled public opinion seemed to be when it turned out that medical researchers had been stealing human organs. I thought it was a good time to explain the case for donating one's own organs to medical science after death. The newspapers did not seem interested in the article I wrote.

According to Animal Aid, about 400,000 animals are killed in the UK each year just so that their tissues can be used in test tubes. These, of course, do not necessarily react in the same way as human tissues. For example, when various chemicals were tested on rats and mice, over 40% of them were carcinogenic in one species but not the other (source: Ames et al. "Ranking Possible Carcinogenic Hazards", Science, Volume 236, 1987). If rats are dissimilar to mice, they are certainly unlike people.

I completed a humane donor card. I assumed that was that. If I died, my tissues would be used instead of someone using guinea pigs. Then an episode of Casualty got me worried.

The basic premise was utterly daft. The fact that a hunt saboteur was killed was, sadly, plausible. The manner of his death was not. The writer had not bothered to find out that the aim of hunt sabotage is to put hounds off the scent, not to stand in front of horses as they jump. I was shocked that although the victim was a hunt sab, nobody even thought to ask whether he had a humane donor card. Was this a further example of abysmal research or a reflection of reality?

How could I be sure my donor card would be taken seriously? In 1994, I wrote to the Department of Health. I was referred to Her Majesty's Inspectorate of Anatomy. They assumed I wanted to donate my body for dissection by medical students.

That is a perfectly valid course of action, but not the one I was trying to choose. For one thing, it would exclude most of the eligible organs being used for transplant. Corneas were the exception. One could give the gift of sight...but not the gift of life.

Once I had finally explained to civil servants what I wanted to do, the best they could do was suggest that I contact specific medical research bodies. No names or addresses of such organisations were supplied.

Matters have improved. There is now a tissue bank donor register. Its introductory leaflet states, "Animals have traditionally been widely used [to test new drugs] ...it is now possible to make more efficient use of human cells, tissues and organs".

Donor forms are available from the tissue bank (Peterborough District Hospital, Thorpe Road, Peterborough, PE3 6DA). The form states, "We will always ask specifically if we require eyes". It is sensitive of them to acknowledge that people may have aesthetic problems with particular organs.

The donor's signature must be accompanied by that of a witness confirming that it is genuine. The form must be

sent off with an sae, which will be returned with an acknowledgement that it has been received. This seems much more sensible than the organ transplant donor scheme, where there seem to be no safeguards to ensure someone does not fill in someone else's name and address and forge their signature. Nor does the organ donor register acknowledge that an application has even been received. In theory, someone's kind offer to donate their kidneys after death could go missing in the post and they might never realise this.

The tissue bank can arrange for the collection of bodies within a 150 mile radius of Peterborough. It pays for the body to be taken to Peterborough and for the unused body parts to be returned to the pre-arranged undertaker. The bank does not fund funerals. (This seems to indicate a certain lack of gratitude on the part of society as a whole).

Unless the donor specifies otherwise, any organs that can be used for transplantation are harvested before tissues, organs or fluids are taken for research. The research involves seeing how the parts react with substances that may become new medicines.

It does worry me that someone will eventually probably test the potential medicine on animals. On the other hand, it will be the donated tissues that give the real clues as to how the product might react in a real human. More of a clue than the testers would get using the tissues of animals specially killed for the purpose.

Of course, it would be good to hope that by the time one goes, a long way into the future, animal testing will have been abolished. If so, this dilemma would be solved.

I would like other options, such as being able to let researchers examine the body in detail if a particular condition is present, but how can I predict what condition may eventually prove fatal?

The tissue bank cannot guarantee that the body can be used. For example, infection may render it unsuitable. Anything taken but not used after 10 years will be destroyed "in a lawful manner".

Still, maybe signing a few bits of paper will save a couple of guinea pigs and help find a useful medicine. (Yes, I am sure I read that the World Health Organisation said only about 200 drugs out of 50,000 were useful. Guess which group I'm hoping to add to? The small bunch of useful ones I hope, of course) It's not much, but it is hard to be sure of achieving something useful even whilst one is actually alive...

© *Katharine A. Gilchrist, 2003.*

Battery Hens

We are one year nearer to 2012 when it is planned for battery cages to be banned from the European Union. However, there are strong forces at work to allow larger, so called 'enriched' cages, which are only a little larger than those in present use and no solution to this barbarism. Also, World Trade Organisation rules may be invoked to allow the import of battery eggs from abroad.

DRUGS TESTING

The Christmas Without Cruelty Fair last November was a wonderful opportunity to do your vegan shopping in confidence, but there were also several most interesting and informative talks. One was by Dr. Andre Menache who has opposed animal experiments in USA, South Africa and Israel (where a court has ruled paté de foie gras to be illegal). He pointed out that since animal experiments fail to predict the effect of drugs on humans, clinical trials on humans are the beginning of the experimentation. These trials proceed in stages.

Stage 1 is on a small number of volunteers – often cash-strapped medical students. 70% of drugs fail at this stage. Stage 2 takes in a wider sample and 50% are rejected at this stage. Stage 3 is a much wider sample and there about 30% fail.

All these trials are made on healthy, white, adult males. So they can't be relied on for women (especially pregnant ones), other ethnic groups or children. All of these may have reactions quite different from the trial groups. Doses for children need to be smaller than adult doses, but how is this to be assessed? In the USA there is an on-going debate about the need for tests for children. This has raised opposition from those appalled at the idea of children being the subject of tests. But is it not worse to give them drugs (in a dose which has only been guessed at) without tests specifically relevant to children? The only reliable drug tests are those done on sick people.

Dr. Menache poses searching questions: Would a pregnant woman not fear if tests were made that might affect her unborn child? Would parents not worry if tests were made on their children? Should not society be concerned at tests made on individual citizens.

An Inside View

Allen Roses who is head of genetics at GlaxoSmithKline (GSK), the huge medical drugs company, told a scientific meeting in London that "the vast majority of drugs – more than 90% – only work in 30 or 50% of the people." His comments came days after it was announced that the NHS drugs bill has soared by nearly 50% in three years, rising by £2.3 bn a year to an annual cost to the tax payer of £7.2bn. GSK had already announced that it had 20 or more new drugs under development which could each earn the company up to £600m a year

Dr. Roses' main interest is in medical genetics. He believes that patients should have their DNA tested to identify those for whom the drug will work (the "responders"). These tests could be used to test a patient's vulnerability to side effects as well as to test the efficacy of that drug on that individual. It should therefore be possible to reduce the huge national drugs bill by a considerable amount and might also do away with the expensive Stage 3 of clinical testing when thousands of patients are monitored over several years. Dr. Roses thinks that this should not lead to a decline in the sale of drugs, because they would be finding the drug that was efficacious to each patient. However, the aim of the drug companies has so far been to

sell as many drugs as possible to as many people as possible.

HM.

Monkey Brain Testing

The plan of Cambridge University to build a centre for research on the brains of primates such as marmosets and macaques, in the hope of curing human brain disorders such as Alzheimer's and Parkinson's has been facing difficulties. Increasing costs are estimated between £24m to £32m and keep increasing.

Opposition to cruel experiments on primates is widening. A group of 155 MPs have signed a parliamentary motion saying that there are "important biological differences" between people and primates and a group of scientists wrote to national newspapers pointing out that research results from primates often do not transfer to humans, especially in brain treatments.

Although the planning application was turned down by the city council, the Government had authority to overrule this and Deputy Prime Minister John Prescott did so.

However, Cambridge University have now announced that they will not proceed with building the new centre because the need for extra security both at the building stage and when operational would be excessive, owing to continual pressure from Animal Rights activists.

A local activist says there are now many scientists opposing the scheme and the question of finance is only a face-saving point.

Congratulations to the peaceful activists on this happy outcome.

PHEASANT REARING

The millions of pheasants reared and released for shooting every year may be the cause of the dearth of lizards and snakes in the British countryside, according to those who study reptiles (known as Herpetologists).

Pheasants may have pecked out of existence, or at least made very scarce, the once common lizard and grass snake. Britain has only six native reptiles: three snakes (adder, grass snake and smooth snake) and three lizards (common lizard, sand lizard and slow worm). None of these is now plentiful.

On the continent these are abundant but Britain releases up to 30 million pheasants a year in the shooting season.

Rare species specialist Keith Corbett saw a rare sand lizard being killed by a pheasant and after a radio interview he received confirmation from listeners who had also seen this happen. Most pheasants do not show an interest in pecking reptiles most of the time. Recently a great number were released close to a sensitive sand lizard site in the North-West of England and they are very vulnerable to pheasants, especially in cool conditions.

The Herpetological Conservation Trust feels there is a good case for more research on this subject.

MY TOP 100 FOODS

Regular readers will remember that our contributor, nutritionist and weight lifting champion, Pat Reeves has for many years been combating a genetically pre-disposed cancerous condition, using her extensive knowledge of nutrition and her enthusiasm for raw foods and natural therapies. She is continuing the struggle with the help of various expert complimentary therapists and is still able to practise the sport which she loves and in which she excels. Here, Pat shares with us here 100 top foods that proves the great variety available to vegans.

LEAFY GREEN VEGETABLES Arugula (rocket), Beet greens, Chicory, Dandelion greens, Endive, Kale, Loose-leaf lettuce, Mustard greens, Parsley, Romaine, Sorrel, Spinach, Swiss chard, Turnip greens, Watercress.

VEGETABLES Artichoke, Asparagus, Aubergine, Avocado, Beetroot, Bok choy, Broccoli, Brussels sprouts, Cabbage, Chinese cabbage, Carrots, Cauliflower, Celeriac, Celery, Daikon, Green peas, Kohlrabi, Okra, Onions, Parsnips, Peppers, Potatoes, Radish, Squash, Tomatoes, Turnip, Yams, Zucchini (courgette).

SEA VEGETABLES Agar, Arame, Dulse, Hijiki, Kelp, Kombu, Nori, Sea Palm, Wakame.

RAW NUTS Almonds, Brazil nuts, Hazelnuts, Chestnuts, Pecans, Pine nuts, Pistachios, Walnuts.

FRUIT (Acid fruits), Cranberries, Currants, Dates, Gooseberries, Grapefruit, Kumquat, Lemons, Limes, Loganberries, Oranges, Passion fruit, Pineapples, Pomegranates, Strawberries, Tangelos, Tangerines.

FRUIT (Sub-acid) Apples, Apricots, Blackberries, Blueberries, Cherries, Grapes, Guava, Kiwi, Loquat, Mango, Mulberries, Nectarine, Papaya, Peach, Pear, Cactus fruit (prickly pear), Raspberries.

FRUITS (Sweet fruits), Banana, Dates, Figs, Dried fruit, Persimmon, Plantain.

FRUITS (Melons) Banana melon, Gaia melon, Watermelon.

FRESH HERBS Basil, bay leaves, cardamom, chervil, cinnamon, cloves, coriander, cumin, dill, fennel, fenugreek, ginger, marjoram, mint, oregano, rosemary, saffron, tarragon, thyme, umeboshi plums.

GRAINS Amaranth, Barley, Buckwheat, Bulgar wheat, Corn, Kamut, Millet, Oats, Quinoa, Basmati rice, Brown rice, Short-grain rice, Wild rice.

FLOURS Amaranth, corn flour, Durum wheat, Gram, Jerusalem artichoke, Oat, Potato, Soy, Sunflower seed, Tapioca.

BEANS Aduki, Anasazi, Black Turtle, Fava, Garbanzo (chick peas), Great Northern, Kidney, Lentils, Lima, Mung, Navy, Pinto, Soy (also Tofu, Tempeh and Miso).

SEEDS Chia, Flax (linseeds), Fenugreek, Hemp, Pumpkin, Sesame, Sunflower.

HERBAL TEAS Camomile, dandelion, fennel, ginger, ginseng, hawthorn, horsetail, lemon balm, liquorice, melissa, nettle, Pau d'Arco, peppermint, red clover, red raspberry, rose-hips, slippery elm, spearmint, valerian root.

THE WEIGHT OF A SNOWFLAKE

"Tell me the weight of a snowflake," said the robin to the dove.

"Why it weighs nothing at all", replied the dove. "In that case," the robin went on, "I must tell you a marvellous story".

"I was sitting on a branch of a tree, close to its trunk," the robin began.

"When snow began to fall – not heavily, not in a raging blizzard, no just like a dream, without any violence.

Since I did not have anything better to do, I counted the snowflakes settling on the needles and twigs of my branch.

I reached the number 3,741,952.

Then when the 3,741,953rd snowflake dropped on the branch, weighing nothing as you say - the branch suddenly broke off".

With that the robin flew away.

The dove thought about the story and said to herself,

"I can sometimes think that my efforts and the little that I do

make no difference. We might think they are nothing at all,

but if we put all our efforts together great things are possible.

REFUSING THE HONOURS

Poet and Playwright Benjamin Zephaniah, a dedicated vegan, went public to say that he refused the title of OBE for services rendered to literature. He pointed out that he had actually stated this in his writings – proof that those involved had not read his writings in detail and in any case he was opposed to the "British Empire" mentioned in the title.

This public statement resulted in many other prominent people being revealed as having rejected such honours. Also revealed was that Colin Blakemore, chief executive of the Medical Research Council had been turned down because his pro-vivisection beliefs might offend animal rights activists. Colin Blakemore is deeply offended and is obviously desperately eager to have his dubious methods given some sort of respectability.

BIRD FLU

An influenza epidemic among hens, mainly in Taiwan, resulted in the hasty, mass slaughter of millions of hens.

If the bird virus crossed with a pig virus, the latter could spread to humans and be contagious between humans, causing a world-wide epidemic on the scale of that of 1918 when millions died of flue.

Why are Thailand and Brazil exporting food to Europe when their people go hungry and Europeans are overweight?

RECIPES

Pancake Days

Shrove Tuesday, the last day before Lent, is better known these days as Pancake Day. Lent was a great time of fasting for Christians particularly in the middle ages and no meat or eggs could be eaten in about forty days before Easter Sunday. This is why all remaining eggs were eaten up on Shrove Tuesday and made into pancakes to use them all up before Lent. Vegans can also make pancakes without eggs and buckwheat pancakes have traditionally been made without eggs anyway.

This year Shrove Tuesday falls on February 24th. In some countries Carnivals are held on Mardi Gras (which is French for Shrove Tuesday and means Fat Tuesday). The word Carnival derives from the Latin for Farewell to Meat: Carne Vale. So we could say that vegans enjoy a lifelong carnival.

Wholewheat Pancakes

10 oz (½ pint) of water or ½ water, ½ soya milk
4 oz wholewheat flour (1 tablespoon of oil can be added)
1 teaspoon of salt (add to the flour if desired).

1. Mix flour and salt and oil if used then add water until you get a runny mixture. Can be done slowly in a blender if the water is put in first. It's best to let it stand for 20 minutes or even overnight in a cool place.
2. Lightly brush a frying pan with oil. When hot, pour a couple of tablespoons of the mixture into the pan and spread it around.
3. Cook for two or three minutes, then toss or turn it over to cook the other side. Before tossing run a spatula round the edge to loosen it or shake pan to check the pancake is loose.

Don't be disheartened if the first one is not a success as this often happens. Scrape it off the pan, add a drop of oil and try again. Add a drop of oil to the pan before cooking each pancake.

Some recipes include a teaspoon of soya flour or gram flour in the mixture. Some add a teaspoon of baking powder. Some use soya milk instead of water

Buckwheat Pancakes

10 oz (1/2 pint) of water
Salt to taste
4 oz buckwheat flour (or ½ buckwheat, ½ wheat flour)

Add dry ingredients to the water and cook as above.

Hot Cross Buns

These spicy buns are traditionally eaten on Good Friday. With modern marketing, they seem to appear in the shops at the beginning of Lent or even earlier. Buns from the shops may have milk in the dough and the glaze on the bun may be made from egg white, but you can make your own by using soya milk in the mixture and if you need a glaze, use rice syrup or maple syrup.

Hot Cross Buns, Hot Cross Buns.
One a penny, two a penny,
Hot Cross Buns.
If you haven't any daughters,
Give them to your sons.

1lb (500 grams) plain wholewheat flour
1 oz (25 grams) yeast or a tablespoon dried yeast
7 fl oz (200 ml) warm water and soya milk, mixed
1 teaspoon mixed spice
1 teaspoon sugar
4 oz (100 grams) currants
1 teaspoon salt and 2 oz chopped candied peel are optional.

1. Stir the yeast into the warm water and milk mixture and add sugar. Leave 5 minutes in a warm place to froth up
2. Mix the flour, spice, currants (salt and candied peel if used) in a bowl and add yeast liquid.
3. Knead thoroughly until smooth. Shape into 12 balls and place onto an oiled backing sheet. Leave in warm place to rise until double in size.
4. Cut a cross on each bun with a knife.
5. Bake at Gas 7, 250°C/450°F for 15-20 minutes. Buns should be brown and sound hollow when tapped.

ADVERTS

More adverts on p 18

PERSONAL

Evergreen for those seeking friends, soulmates, or penfriends. Friendship agency for free-thinking individuals. Interests include vegetarianism. PO Box 147, Waltham Cross, Herts EN7 6BZ. Tel/fax: 01992 632250.

London-based Gay Guy vegan/vegetarian, slim, quiet, honest, 50ish; interested in history, buildings, gardens, cinema, cycling & recycling, not spiritual, not interested in "pets", would like to correspond with/maybe meet younger (18-30) similar, in the country. Box 202, Vegan Views, Flat A15, 20 Dean Park Road, Bournemouth BH1 1JB.

Attractive Vegan Female (38) N/S, healthy, free-thinking individual. Loves sunshine, walking, cycling, camping, music, travel ... the simple things in life! Hates human, environmental and animal abuse. Is caring, compassionate, sensitive and loyal. Searching for lifelong love with gentle, affectionate male with similar qualities (ALA), photo appreciated & returned. Reply to Box 103, Vegan Views, Flat A15, 20 Dean Park Road, Bournemouth BH1 1JB.

Vegan Gentle Man (raw food bias) seeks a lady for friendship and relationship. OHAC in the South West. Willing to work at the mutually supportive relationship (B.de Andelis student). Currently involved in promoting veganism and compassionate lifestyle – helpmate sought. A.L.A. Reply to: Box 102 Vegan Views, Flat A15, 20 Dean Park Road, Bournemouth BH1 1JB.

Is there a Like Minded Person? Are you 100% vegan (A.R.)/100% organic (environment) and dislike cars/TV etc? (prefer a simple lifestyle). Please write me (woman 36) for support anyway. (I'm depressed now). I need like-minded friend(s) to meet, live/write with. More info; vgnwmn@yahoo.co.uk (no, do not have own PC!)

Brand New Vegan Male (Nottingham) loves walking, countryside, seaside. Seeking opportunity penpals as new on path. Also females for possible long-term relationship. Non-smoker. ALA. Tom Healy, 19 Baldwin Court, Ilkeston Road, Nottingham NG7 3FZ.

Aubergine Introductions. A new dedicated UK introduction service for vegetarians and vegans. Open yourself up to meeting educated, eligible, like-minded people. www.aubergineintroductions.com.

FOR SALE

Vitamix TNC the best blender in the world! Still guaranteed. Hardly used. Still boxed. Comes with recipe book and video. £379. (RRP £479). Tel: 01626 352765.

Stainless Steel Manual Wheatgrass Juicer Ex demo model. Still boxed. £99 (RRP £139). Tel 01626 352765.

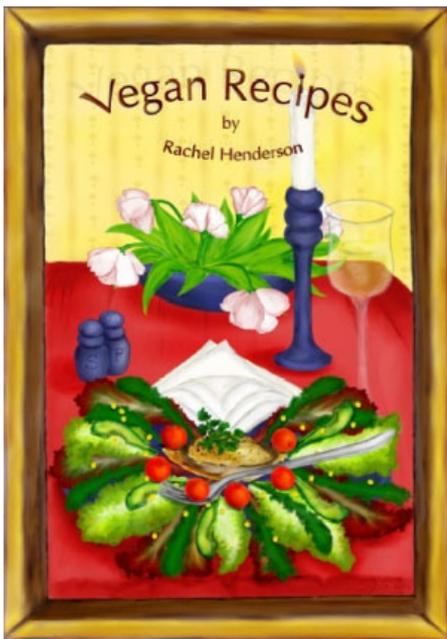
BOOKS



VEGAN RECIPES

By Rachel Henderson

Bowbridge Publishing, 18 Bowbridge Lock, Stroud, Glos. GL5 2JZ. Downloadable as an Ebook from www.bowbridgepublishing.com. The download costs £4.75, or you can download it and have the book also posted to you on a CD for £8.75 + £1 p+p.



This electronic recipe book has 100 vegan recipes. It is designed for people who have to cater for vegans and want some ideas on what to prepare. It is also useful for new vegans looking for some ideas. There are plenty of ordinary British recipes like Bubble and Squeak, Stuffed Marrow, Pancakes, Potato Cakes, Rice Pudding, Fruit Crumble and also more exotic dishes like Kebabs, Fajitas, Thai Stir Fry, and Lasagne.

There are details about what ingredients to keep in your store cupboard and more details about those ingredients that may be unfamiliar to conventional cooks, like soya milk, TVP, Tofu and nutritional yeast. There is also a section for quick recipes.

The layout is clear and seems easy to follow if you have a computer in your kitchen. Otherwise, you can always print out the recipe that you require.

THE ETHICS OF DIET

By Howard Williams, introduction by Carol J. Adams.

University of Illinois Press, 1325 South Oak Street, Champaign, IL 61820-6903 USA. ISBN 0252 07130 1. Paperback \$24.95.

Sub-title: A Catena of Authorities Deprecatory of the Practice of Flesh-Eating.

This book first appeared in 1883 to show that the vegetarian diet was advocated and practised by many great thinkers (starting with Pythagoras) with persuasive arguments. This is a scholarly book. Not only do we have quotations from more than 50 writers from ancient Greece to the 19th century, but the author tells us about their lives and the background of their work, with plenty of footnotes as further explanation.

The author presents them as a continuous witness to the vegetarian principles. Their reasons are consistent and familiar to us today. They praise the health value (many claiming to have regained their health after following the simpler, purer diet), the moral value (revulsion at the idea of killing creatures akin to humans without justifiable reasons) and sometimes using the argument that the vegetable regimen is less wasteful of land. Missing of course are arguments of pollution and Third World exploitation, because these problems did not arise in those days.

The author writes in the long, weighty sentences of the 19th century and the passages quoted can also be heavy going, but as a work of reference it is most impressive and we must welcome that it has become available again.

On reading it, Leo Tolstoy was prompted to visit his local slaughterhouse and wrote a preface to the Russian edition. This preface was published as an Essay 'The First Step' and was itself an eloquent plea for vegetarianism.

The present edition is prefaced by Carol J. Adams, author of the best selling book 'The Sexual Politics of

Meat: A Feminist-Vegetarian Critical Theory' and other books on animal rights and ecofeminism.

HM.

It DOES Matter How We Behave

Would you like to read a book dictated direct from someone in the spirit world? If so, the second book channelled through Bill Cox is now available, price £4-90. In this, eight professional people give their life stories and experiences here and in the next sphere. Bill discovered the world of spirit when he was at a school for blind children way back in the thirties.

He and his family have been veggies since the early 60s; his wife and several grandchildren are vegans. We have hopes for the great grandchildren but they are a bit too young to make up their own minds!

In the first book through Bill, called From Earth to Eternity, Brother Joseph, who lived in about the 8th century said quite plainly that we should not kill creatures. Bill and Beryl gave away most of this first book (out of print at the moment) in order to get the message out; but a small charge does help to offset the outlay of this slightly larger book.

Mrs B.L. Cox, 12, Cliff Close, Reedham, Norfolk NR13 3TS

The book is available from above address, price £4-90 including postage

A Taste of Leeds

A quarterly magazine produced by The Leeds Vegan and Vegetarian Society is an interesting mag full of varied local contributions including recipes, poems, travellers' tales, events, etc. Available from Natalie: Tel: 0113 2484044 or Email natalietharraleos@yahoo.com.



B&Bs & ACCOMMODATION

Cumbria Pumpkin House Vegetarian B&B welcomes vegans. A short walk from award winning veg. restaurant Quince and Medlar. Gill & Dave Harris, 3 Challoner St, Cockermouth, Cumbria CA13 9QS. Tel: 01900 828269. Web: www.lakesnw.co.uk/pumpkinhouse.

North Yorkshire Moors Organic vegan natural foods in peaceful coastal village overlooking Robin Hood's Bay. Close to the best fossil beach in Europe. Non-smoking. Special diets. Children really welcome. B&B from £20, ensuite £22, 4-course dinner £10, packed lunch £5. Karen, Ranworth Guesthouse, Ravenscar, Scarborough, North Yorkshire YO13 0LZ. Tel: 01723 870366.

B&B North Wales Borderlands Fraser Cottage, High Street, Bangor-on-Dee, Wrexham LL13 0AU: Phone/fax 01978 781068. Picturesque rural village. Non-smoking. Fresh organic ingredients. Dogs welcome. Tasty and healthy vegan breakfast. Email: helen@frascercottage.com. Web: www.frascercottage.com.

Brambles Vegan B&B. Packed lunch and evening meal on request. Regret no pets. Well behaved children welcome. Smoke free. Brochure from: John Anderson, 10 Clarence Road, Shanklin, Isle of Wight PO37 7BH. Tel: 01983 862507. Fax: 01983 862326. Email: brambles.vegan@virgin.net. Web: freespace.virgin.net/brambles.vegan.

Lydford, Devon Room to let for VEGFAM supporters, vegan, non-smoking. The Sanctuary, Lydford, Devon EX20 4AL. Tel: 01822 820203.

Exmoor vegetarian and vegan guesthouse. Gourmet meals. Organic food where available. Children and pets welcome. Rescued animals. Exmoor walks. Jane and Cliff Strehlow, Fern Tor, Mesham, South Molton, Devon EX36 4NA. Tel/Fax: 01769 550339. Web: www.ferntor.co.uk. Email: veg@ferntor.co.uk.

Making Waves Vegan Guesthouse in picturesque St. Ives, Cornwall. Food 100% animal free, organic. Special diets catered for. Children welcome. Voted best guesthouse 1999/2000. From £21 per night. Tel: 01736 793895. Web: www.making-waves.co.uk. Email: simon@making-waves.co.uk.

Cornwall Vegetarian & Vegan B&B. Dinner on request. Lizard Peninsula 1½ miles from sea. 3 miles Falmouth. Good walking. Not for children or pets. Non-smoking. Derek and Lynne Smith, Treeneere, Penwarne, Mawnan Smith, Cornwall TR11 5PG. Tel: 01326 250297.

Low Cost Holidays Want to get out of the rat race? Interested in sustainable living? Vegan Organic farm near Snowdonia set in forest clearing near scenic reservoirs. £10 per night. Own room, shared facilities. Extra low rates if you volunteer a little of your time helping out. Details Vic: 01244 819088.

Small Vegan/Organic Community in reclusive scenic Pyrenees (France) offers accommodation in rustic homestead and chapel over 250 years old and beautiful home cooking. Contact Bleuette: Email enthousiasme@wanadoo.fr. Web: www.douceur-harmonie.org. Phone 0033 4 68 39 62 56. Douceur et harmonie, 'el Faitg', 66230 Serralongue, France.

B&B in private vegan house with large garden in pretty little town. Lovely scenery and places of interest. Persons caring for someone with Alzheimers specially welcome. Joan Bryan, River View, Woodside, USK, Gwent NP5 1SZ. Tel 01291 672429.

Bournemouth Accommodation Occasional, inexpensive accommodation in Pokesdown, Bournemouth. Non-smoking. Tel. 01202 426870.

BOOKS

Vegan Recipe Book by Rachel Henderson This electronic recipe book contains 100 delicious vegan recipes. It is designed both for vegans and people who have difficulty catering for vegans. Would be an ideal gift for friends and relatives who have trouble thinking of original vegan meals. Tel: 01453 762487. Web: www.bowbridgepublishing.com. Email: info@bowbridgepublishing.com.

New book now available by Dr Gina Shaw 'Nutrition and Emotions: How to Transform your Life Through Optimum Nutrition'. Price £7.99 including P+P (cheques to be made payable to

ads free to subscribers

GLS Publications). Please send orders to GLS Publications, 22 Webber Close, Ogwell, Devon TQ12 6YL.

CAFÉS & RESTAURANTS

Hollyhocks Vegetarian and Vegan restaurant. Imaginative world vegetarian food. No Smoking. 10 Knights Hill, West Norwood, London SE27 0HY. Tel: 020 8766 8796.

Wessex Tales wholefood vegan restaurant. Licenced organic drinks. 20 Ashley Road, Boscombe, Bournemouth (opposite Boscombe bus station & Sovereign Centre car park). Tel: 01202 309869. Lunch: Tuesday – Saturday 11.30 – 2.30. Dinner: Friday & Saturday 7 – 10. Web: www.geocities.com/vegetarian_restaurant.

Heaven And Earth Organic Vegetarian café and bakery. 37e Robertson Street, Hastings. Tel. 01424 712206.

Allsorts Psychic Café Drinks and cakes, occasional savouries. Fully veggie, good choice for vegans, soya milk available. 22 Carton Place, Southampton. Tel: 023 80237561. Web: www.allsorts-psychic-cafe.com.

CATERING

NEW Purple Penguin Café: Vegan Organic Catering have marquee will travel! Catering for specialist diets, cake fanatics and people who love good food... based in the Yorkshire area over Winter (and looking for work) and on the road over the Summer at festivals, gatherings and parties... see www.purplepenguin.org, or call Emma on 07786 262 864 for more information.

GENERAL

Meat-Free Cats Supplements for home made recipes. In use since 1986. Send to Vegecat, The Vegan Society, 7 Battle Road, St. Leonards on Sea TN37 7AA. Tel: 01424 427393.

Vegan Cat-Collars And Catnip Toys Non-Leather, Non-Animal Fur. For details, send SAE to: Ann, 4 Green Street, Wollaston, Northants NN29 7RA.

Amplifaire A new and most efficient system for heating home and water. Also Amplifaire flue pipe to make AGA or Rayburn more efficient. Send a large SAE (44p 2nd class) to Frieden Howard at The Sanctuary, Nr Lydford, Okehampton, Devon EX20 4AL.

Translations into English from French, German, Spanish (personal, commercial, legal, technical) 30 years' experience. Half normal rates for VV readers (no VAT). Also Private language tuition in Bedale-Richmond-Leyburn area. Patricia Tricker MIL AITI Cert Ed (FE). Tel/Fax/Modem 01677 450176 or 0845 4584714 (BT local rate).

Chipke Natural toiletries. Wide range. Suitable for vegans (with exception of honey soap and lip salve). Products sourced locally or internationally to avoid exploitation of people or environment. Animal testing is unnecessary and unacceptable. Send for brochure to: Chipke, 6 Wyle Cop, Shrewsbury, Shropshire SY1 1UT. Tel 01743 244466. Email chipke@hotmail.com.

Welhealth Fruit Farm (North Wales) Down shifting, co-operative anti-consumerist, vegan diggers and wombles, have land to create alternative renewable sharing community. We are seeking holiday members and full-time members. Tel: 01244 819088 or 07980 158661.

Meat is Murder Self-Inking Rubber Stamps £7-50. Vernon Stuttard, 15 Millbrook, Fence-in-Pendle, Lancs BB12 9PE. Also T-shirts printed with Meat is Murder front and back, black on grey. Sizes M or XL £9.

Vegetarian Web Designer Websites for the vegetarian and vegan community by VegDesign. For more info, rates and portfolio see www.vegdesign.com. Tel: 07742 336858. Fax: 08714 335402. Email: cathy@vegdesign.com.

Nature's Suncooked Organic Treats Vegan cakes, pies, slices etc, freshly handmade to order, delivered next day by 1st class mail. Ingredients; Organic Fruits, nuts, seeds and spices. Email: chriskennett01@hotmail.com. Tel: 023 9261 1607.

HEALTH

Yoga & Colonic Retreats Empowering 5 - 10 day Tropical or UK Courses involving juice fasting & supplementation, yoga & meditation, nutritional talks, personal consultations and a lot of TLC! The safest & cheapest way to gain knowledge, experience & self-reliance in Health. Will undoubtedly change your life! Web: www.karunaretreats.com.

Natural Nutrition And Naturopathy Reflexology, Metamorphic Technique, Linseed & Hempseed oil. Amanda Wise, P Dip, NN, MCMA. Tel: 01202 575258.

Maximol colloidal minerals with vitamins, amino acids and enzymes. Revenol powerful anti-oxidant. Both products suitable for vegans. Independent distributors of Neway products: 01202 426870, also 01443 862067.

Nutritional Therapy Improve your quality of life and get to the root of your health problem. Pat Reeves, qualified, registered, and practising Nutritional Medicine. Oakfield Cottage, Bromley Lane, Kingswinford, W Midlands DY6 8JP. 01384 270270. Email: pat.reeves@blueyonder.co.uk. Web: www.livingfoods.pwp.blueyonder.co.uk.

Bioflow Affordable magnotherapy for all warm blooded animals. When stiff joints or aches and pains are interfering with your companion's quality of life – think Bioflow! A drug free natural product without any harmful side effects. From as little as £25 – and with our money back guarantee. Call for a free brochure. Brian Male 0845 4562463 'local rate'. Independent Distributor of Ecoflow.

The Natural Living Centre Ethical implications, Environmental advantages and Health benefits of a Raw vegan lifestyle. Including safe guidance on natural weight control, transitioning to a healthier life style, retarding premature ageing, cessation of common ailments and reversibility of degenerative diseases. For consultations, retreats, talks, courses and demonstrations of alternative Raw food recipes. Contact, Chris Kennett, Diploma in Nutrition. Sports coaching certificate. Email: chriskennett01@hotmail.com. Tel: 023 9261 1607

Psychosynthesis therapeutic counselling offers powerful and creative ways to turn life issues into opportunities for change and healing, to unlock your potential, reconnect with your true self in a supportive environment. Free initial consultation. Sensitive counsellor available in V/NW4/C London. Gian 020 8847 4740. Discounted fees for VV readers.

Vegan Health and Nutrition Consultant available for personal consultations in person or by telephone. Short fasts including group retreats, Iridology and emotional healing sessions also available. Contact Dr Gina Shaw on 01626 352765 or email DrGinaShaw@aol.com. Web: www.vibrancy.homestead.com/pageone.html.

Microcare Tooth Powder from Health Connections. Contains no fluoride, Sodium Lauryl Sulfate, saccharin, preservatives, animal ingredients, aspartame, artificial colours or flavours. For free sample, tel: 01892 683439.

NEW Dissolve Cataracts with Bright Eyes nutritional eyedrops. Safe, gentle. Also used by doctors. As seen on the Richard and Judy show. Tel 01892 683439 for details.

SHOES

Veganline.com sell vegan shoes online – Freeport LON10506, London, SW14 1YY 0800 458 4442. Web: www.veganline.com. Their website also has a veg recipe search engine.

Freerangers animal free footwear. Send for brochure to 9B Marquis Court, Low Prudhoe, Northumberland NE42 6PJ. Tel: 01661 831781. Fax 01661 830317. Web www.freerangers.co.uk.

Vegetarian Shoes 12 Gardner St, Brighton BN1 1UP. Tel: 01273 691913. Web: www.vegetarian-shoes.co.uk.

Ethical Wares sell vegan footwear and clothing. Send SAE for catalogue: Caegwyn, Temple Bar, Felinagh, Ceredigion SA48 7SA. Tel: 01570 471155. Web: www.ethicalwares.com.

Vegan Shoe Repairs and large range of vegan shoes. Total Liberation c/o Lyme Leisure, South Street, Axminster, Devon EX13 5AD. Tel. 01297 631133. Web: www.lymeleisure.org.uk. Also making vegan moccasin slippers. Will shortly make shoes starting with children's.



notices



ANIMAL GROUPS

Viva! (Vegetarians International Voice for Animals), 8 York Court, Wilder Street, Bristol BS2 8QH. Tel: 0117 944 1000. Web: www.viva.org.uk. Email: info@viva.org.uk. Benefits of joining include four magazines (Viva!Life) posted to you per year, and discounts (typically 10%) at many healthfood shops, cafés and restaurants. They are very animal oriented and are especially good for teenagers and young people.

Animal Aid Web: www.animalaid.org.uk.

Peta (People for the Ethical Treatment of Animals). Web: www.peta-online.org.

CHARITIES

HIPPO (Help International Plant Protein Organisation) is working around the world to help hungry people to obtain or produce their own high protein food from plant sources, supporting projects run by local people in the developing world. Donations/enquiries to: HIPPO, The Old Vicarage, Llangynog, Carmarthen SA33 5BS. Tel/Fax 01267 241547. Email: hippocharity@aol.com.

Vegfam Feeds the hungry without exploiting animals. See Box advert p 8.

FAMILY + CHILDREN

Vegan Families Contacts List for families wishing to bring up their children the vegan way. Send name & address and dates of birth of children, and an SAE, to Family Contacts List, 7 Battle Rd, St Leonards on Sea, East Sussex TN37 7AA.

Contact Network for measles, mumps, rubella, for families who would prefer children to catch childhood diseases and gain natural immunity instead of the MMR vaccination. To go on list to notify of cases, call Lesley on 020 8861 1233.

Vegan Family House Website of a vegan family living in NE Scotland. Recipes, info on veganism and bringing up vegan children. www.veganfamily.co.uk.

FRUITARIAN + RAW FOOD

The Fruitarian/Raw Food Centre of London (100% vegan) in Barnet offers weekend workshops and consultations on the raw energy lifestyle, fasting, preparation of recipes, etc. Guidance for safe, reliable weight control and bodybuilding. Discussion of philosophy, ethics, reference to religion, ecology, etc. Ring 020 8446 2960 or 020 8441 6253 for details.

Go Fruitarian For details send SAE to The FRESH Network, PO Box 71, Ely, Cambridgeshire CB7 4GU. www.fresh-network.com.

Fruitarianism Our original and ultimate diet. Free information, send large SAE to John Rhodes, Longcause Cottage, Longcause, Dartington, Totnes TQ9 6EY.

MAGAZINES

The Welsh Vegan is a quarterly magazine in Welsh and English. Annual subscription £1.25 from Bronyr Ysgol, Montpellier, Llandridnod Wells, Powys.

Arkangel is an animal liberation magazine. £10 for 4 issues inc p&p. Arkangel, BCM 9240, London WC1N 3XX. Articles to arkangelweb@hotmail.com.

The Green Queen Twice yearly lesbian, gay, bisexual, vegan & veggie mag, welcomes short stories, poetry, articles, opinion, book/film reviews, campaign information. Issue 11 now available, please send £1-13 to K Bell, Green Queen, BM Box 5700, London WC1N 3XX.

Vegan Voice is a quarterly Australian magazine for those who want to spread the message of respect and love for all life. It promotes a non-violent way of living beneficial to the planet, all animals and human health; gives a platform for like-minded groups and individuals. Credit card facilities now available – approx £18 for 4 issues, a year's subscription. PO Box 30, Nimbin NSW2480 Australia. Web: <http://veganic.net>. Email: veganvoice@lis.net.au.

The Vegan Society, Movement for Compassionate Living, Vegan Organic Network and Vega also publish magazines – see p 20 for details. Vega's magazine can be downloaded from the internet for free.

PROJECTS

Ancient Woodland Project a 29-acre woodland near Scarborough, run by a VV subscriber who wants to convert it back into a native woodland. Details: Louisa 01723 514525 or 07748 101117. Email: Ancientwoodlands@aol.com. Web: www.woodlandproject.org.uk.

RELIGION + SPIRITUAL

The Fellowship of Life works on a spiritual foundation for the promotion of veganism and animal liberation; seeking to unite believers of all faiths or none in a harmless way of life. Details from Harrall at 43 Braichmelyn, Bethesda, Bangor, Gwynedd LL57 3RD.

A friendly network of vegetarians and vegans committed to faith in Jesus Christ. Membership is free. Kindness Unlimited, The Old Vicarage, Llangynog, Carmarthen SA33 5BS. Email: springoftruelifelife@aol.com.

Jesus Top Secret Fascinating article showing that Jesus was a vegan, and that he expressly commanded his followers to observe a purely vegetarian diet and to show love and kindness to all living things, and explaining why these teachings were altered and suppressed. Send £1.20 in stamps to BCM Redeemer, London WC1N 3XX. Web: www.members.tripod.com/jbrooks2/.

Followers of the Way Founded by Antony Bates (1920-1996). A group of friends who are vegetarian/vegan, and pacifist in relation to war. They aim to cultivate the inner life and to express this through works of reform and creativity. They proclaim the Christ has returned and anticipate the return of the prophets. Tel: 020 8948 2315. 365 Sandycombe Rd, Kew Gardens, Surrey TW9 3PR.

Spiritual Veganism The ultimate belief. You are a spiritual vegan if you are a vegan whose one and only concern is for the animals, and you believe that those beautiful, intelligent, loving creatures, bred for an already overladen table, have the divine right to live. Spiritual Vegans, Kent House Kent Place, Lechlade, Glos GL7 3AW.

PRINTING + RESOURCES

NEW Footprint Workers Co-operative, 40 Sholebroke Avenue, Leeds LS7 3HB. Very reasonably priced, very ethically based, all paper is recycled, eco-friendly inks. Tel: 0113 262 4408. Web: www.footprinters.co.uk.

NEW Sunrise Screenprint Web: www.menmuir.org.uk/sunrise, Tel: 01356 660430. The owners are vegan, environmental, and use non-bleached organic, fair trade materials.

SPORT

Vegetarian Cycling and Athletic Club Open to vegans of any sporting ability. Details: Peter Simpson, 13 Peers Lane, Shenley Church End, Milton Keynes MK5 6BG. Tel 01908 530919. Web: www.vegacac.co.uk.

VEGAN COMMUNITIES

Brynderwen Vegan Community started in May 2002 when a large four-bedroom house in a semi-rural location on the outskirts of Swansea was purchased. It has a huge double garage with planning permission to convert to further accommodation or part accommodation, part workshop. Two acres of adjoining land is being purchased. Some people live at Brynderwen, others independently nearby. If you're interested in visiting or living at the house or nearby contact Malcolm Horne, Brynderwen, Crymlyn Road, Llansamlet, Swansea SA7 9XT. Tel: 01792 792442. Email: vegancom@btinternet.com. A small newsletter is available (send SAE). Web: www.veganviews.org.uk/brynderwen.

VEGAN SHOPS

Vegonia Wholefoods sells only vegan products. 49 High Street, Porthmadog, North Wales. Tel: 01766 515195.

Unicorn Grocery 89 Albion Rd, Chorlton, Manchester, M21 0BN. Tel 0161 8610010. Web: www.unicorn-grocery.co.uk.

One Earth Shop 54 Allison St, Digbeth, Birmingham, B5 5TH. Tel: 0121 6326909.

WEBSITES

General

www.veganvillage.co.uk popular noticeboard + list of UK vegan restaurants
www.btinternet.com/~bury_rd Vegan News: free on-line magazine
www.eco-centric.co.uk A website for vegans and people interested in alternate lifestyles in the UK/Ireland

Listings of Vegetarian Restaurants & cafés

www.happycow.net (worldwide) www.vegdining.com (worldwide)
www.veggieheaven.com (UK) www.veggieland.co.uk (UK)

Travel

www.vegetariansabroad.com (worldwide) places to stay abroad

Vegan Shopping

www.isitvegan.info vegan foods/drinks
www.isitveggie.com veggie/vegan foods/drinks
www.crueltyfreeshop.com on-line shopping – run by Dr Hadwen Trust
www.veganstore.co.uk online shopping

Vegan-run business lists

Artists, accountants, translators, solicitors, decorators...
www.veggies.org.uk/vbc.htm see p20 for more details
www.veganvillage.co.uk/services.htm

Vegetarian information

www.vegsoc.org UK vegetarian Society
www.ivu.org International Vegetarian Union (IVU)
www.planetveggie.co.uk Planet Veggie

Veganism & vegan organisations

Veganism means living on plant products and excludes, as far as practical, the exploitation of animals for food, clothing, or any other purpose. Like other vegetarians they exclude from their diet meat, poultry and fish. They go further and exclude animal milks, eggs, honey, and their derivatives (eg cheese and butter). They are left with an abundance of grains, pulses, nuts, seeds, fruit and vegetables, which modern nutritionists recommend for a healthy diet. Most vegans find they can enjoy greater variety in their diet than they did before. There are also many tasty substitutes for animal products (even delicious ices).

The Vegan Society If you would like more information on Veganism send two 1st class stamps for an information pack to The Vegan Society at Donald Watson House, 7 Battle Rd, St Leonards-on-Sea, East Sussex TN37 7AA. Tel: 01424 427393. Web: www.vegansociety.com. The Vegan Society publishes *The Vegan*, a quarterly magazine which members receive. Also available from a few shops.

Vega (Vegetarian Economy and Green Agriculture) Free on-line magazine. Web: www.vegaresearch.org.

The Movement for Compassionate Living (The Vegan Way) founded by Kathleen Jannaway, works non-violently for lifestyles possible for all the world's peoples, sustainable within the planet's resources and free from all animal exploitation. Annual subscription £5 (or what you are able to afford) includes the quarterly journal *New Leaves*. Other literature available. SAE

for details to MCL, 31 Walton Close, Ernesford Grange, Coventry CV3 2LJ, UK. Web: www.MCLveganway.org.uk.

Vegan-Organic Network (VON) encourages and researches into non-animal growing techniques. Publishes a magazine *Growing Green International* to spread knowledge, and reports from vegan organic growers worldwide. They also have a charity arm called the Vegan Organic Trust (VOT). Contact Patrick Browne, 161 Hamilton Rd, Longsight, Manchester M13 0PQ. Tel: 0161 248 9224. Email: veganorganic@riseup.net. Web: www.veganorganic.net.

Plants for a Future Blagdon Cross, Ashwater, Beaworthy, Devon EX21 5DF. Researching ecologically sustainable vegan organic horticulture. A resource and information centre. Web: www.pfaf.org.

The Plant Milk Trust was established in 1976 to promote soya milk and other vegan foods, particularly in the areas of research and publicity. It is managed by five devoted honorary trustees. Gifts or legacies are most welcome, and all monies received are totally devoted to the Trust's work, without any administrative expenses. Write for details to Dr G J Buist, 53 Gosden Hill Road, Guildford, Surrey GU4 7JB.

Vegan Business Connection wants to hear from individuals as well as companies providing goods and services suitable for vegans. Contact VBC c/o Veggies, 245 Gladstone Street, Forest Fields, Nottingham NG7 6HX. www.veggies.org.uk/vbc.htm.

Vegans in your area

To publicise your meetings, appeal to meet vegans or request penpals, please send details for this page. We also put these details on our website. The Vegan Society have their own local contacts – see the Vegan magazine for details, or www.vegansociety.com for a list. The Vegetarian Society have affiliated local groups and information centres which often have vegans in them – see www.vegsoc.org/network for a list.

SOUTH

London Vegan & Vegetarian Families Group If interested contact Lesley on 020 8861 1233 or email Lesley@vegan4life.org.uk. Also wants to hear from families anywhere wanting to holiday together.

London Vegans meet on last Wednesday of the month (except December) 6:30 – 9:30pm at Millman St Community Rooms, Millman St, London WC1. 24 hour info line on 020 8931 1904. Web: www.londonvegans.freeseve.co.uk.

NEW London Animal Action A local animal rights group campaigning against all forms of animal cruelty, e.g. the fur trade, the meat industry, animal experiments and hunting, and for a way of life not based on the exploitation of animals, people or the environment. BM Box 2248, WC1N 3XX. Email: laa@londonaa.demon.co.uk. Web: www.londonaa.demon.co.uk. Tel 0845 458 4775.

Vegetarian and Vegan Gay Group (London) Informal social & campaign group meets in London on the last Sunday of each month and has other events for gay, lesbian, bisexual and transgender vegetarians, vegans, fruitarians and raw foodies and their friends, and those who would like to be. Further details: information line: 020 7713 9063. Email: vvgg@freeuk.com. Web: www.vvgg.freeseve.co.uk.

Vegan Essex meet 1st Tuesday every month at Brentwood School Sports Hall (Courage Hall, Middleton Hall Lane). www.vegansex.org.uk.

Kingston & Richmond Vegetarians welcome vegans. Send SAE for programme to John, 49 Harrowdene Gdns, Teddington, Middlesex TW11 0DJ.

Waltham Cross (near Enfield) Regular Socials. Vegan buffet. Everyone welcome. Tel. Lisa 01992 624079.

Hertfordshire Lisa Ceneri would like to have contact with other vegans in her area, especially those with children. 63 Leven Drive, Waltham Cross, Herts EN8 8AL. Tel: 01992 426710.

Harlow Lian Tyler, the Vegan Society and Vegetarian Society Local Contact for Harlow has compiled an online Vegan guide to Harlow and the surrounding areas. Tel: 07754 166813. Web: www.veganharlow.co.uk. Email: info@veganharlow.co.uk.

Hastings Animal SHAC meet every second Tuesday of the month, 7:30pm at Friends Meeting House (upstairs), Priory St. Vegan refreshments available. All welcome.

Norfolk Vegetarian & Vegan Society Jane Johnson, 17 St Austins Grove, Sheringham, Norfolk, NR26 8DF. Tel. 01263 821609. Email: janejohnson@vegfolk.co.uk. Web: www.vegfolk.co.uk.

Solent Vegetarians & Vegans John Curtis, 31 Cranbury Rd, Eastleigh, Hants SO50 5HB. Tel. 023 80643813. Email: solentveg@ivu.org. Web: www.ivu.org/solentveg.

Bournemouth Vegetarians & Vegans Tel. 01202 555712. Email: timwest@onetel.net.uk. Web: www.ivu.org/uklocal/bournemouth.

Isle of Wight Vegetarians & Vegans Tel. 01983 407098. Email: iow@ivu.org. Web: www.ivvv.org.uk.

NEW Penzance Vegan Club currently meet each Wednesday, 8pm in the Bath Inn pub (right-hand bar), Cornwall Terrace, Penzance. To confirm details, please call 01736 786473 or email wilf_frith@lineone.net.

WALES

Swansea Vegans meet on third Monday of each month. Details: George Barwick. Tel: 01792 518773. Email: george.barwick@ntlworld.com.

Carmarthen Vegetarian Friends We are nearly all vegans and we meet socially on the first Tuesday of each month at 11.30am at the Waverley Vegetarian Restaurant, Lammas St, Carmarthen. Just come, or to check phone 01267 241547 or hippocharity@aol.com.

MIDLANDS

Leicester Kate Axon would like to meet other vegans in the area to explore the local pubs and restaurants. 9 Tillet Road, Thorpe Astley, Leicester LE3 3RD.

Nottingham The Animal Rights Confederation meet on the first Monday of the month from about 7pm, usually at the Sumac Centre, 245 Gladstone Street, Forest Fields, Nottingham. Social, speaker, snacks. Phone beforehand 0845 458 9595 for details. Email: nar@veggies.org.uk.

NORTH

Sheffield Vegan Society meet in the upstairs room of the Fat Cat, Alma St, Kelham Island, on the first Wednesday of the month. Business 7:30pm, and then social 9pm. Contact 54 Upperthorpe Road, Sheffield S3 7EB. Tel: 0114 258 8869.

NEW Doncaster & Area Vegans & Vegetarians meet about once a month for socialising in various ways (e.g. walks, picnics, meals out, yoga). Ring Vivien on 01405 769730.

UPDATE East Riding Vegans meet about once a month for socialising. New members welcome. Mark, 140 Victoria Avenue, Hull, HU5 3DT. Tel: 01482 471119. Email: ervegans@merrydowncontrolware.co.uk. Web: www.merrydowncontrolware.co.uk/ervegans.

Leeds Vegetarian & Vegan Society Meet twice a month for various social events and activities, fantastic pot luck lunches, newsletter every few months. For a programme and/or newsletter ring Natalie on 0113 2484044 or Email natalieharraleos@yahoo.com.

North Riding Vegetarians & Vegans meet about once a month for socialising. Please phone or fax Patricia on 01677 450176, or write to Cottage No 3, Arrathorne, Bedale DL8 1NA. Email: patricia@p-mt.freeseve.co.uk.

Cumbrian Vegans Are you interested in joining a local group for shared information/support? If you are then please call Mandy on 01900 817038.